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Defense Mechanisms

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| **Across****6.** Casting the feelings you have onto another person; blaming another person for the feelings you have.**9.** Associating with people or groups that are of higher status in order to increase your own status.**10.** Reverting to childlike behavior to get the attention you got when you were younger or to get your way.**11.** Replacing feelings that are socially or personally unacceptable with emotions that are acceptable. | **Down****1.** Describing painful or emotional personal events in academic or philosophical terms.**2.** Taking out one's anger or frustration on a person or object that is not the cause of the offense.**3.** Making logical excuses for illogical behavior.**4.** Unconsciously forgetting information that is too painful to recall**5.** Emphasizing personal strengths in one area to shift focus from failure in another area.**7.** Using exercise or physical activity as a substitute for sexual energies.**8.** Refusing to accept an obvious situation because of the emotional pain it causes |

   Compensation       Denial       Displacement       Identification       Intellectualization       Projection       Rationalization       Reaction Formation       Regression       Repression       Sublimation